

# Step-by-Step Forms for Goal Setting

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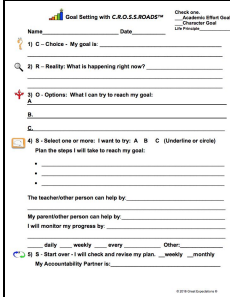
- I. **C.R.O.S.S. ROADS™ Decision-making Process** - Review the explanation of the five-step process for goal setting, general decision-making, problem-solving, and conflict resolution.
  - II. Selecting a goal may be accomplished through individual or group brainstorming with one of these **Mind Maps**. These have the advantage of allowing everyone the opportunity to participate and accommodate all learning styles.
  - III. Select:
    - A. an appropriate age level form for deciding on a goal.
    - B. a Goal Plan form if more detail is needed in planning how to achieve the goal.
    - C. A form for tracking goal progress
    - D. A form for evaluating goal progress to decide if the goal or plan needs to be revised.
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## Forms for Selecting a Goal

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- **Simplified Goal Setting Worksheet**
  - **Use** if a goal has already been selected or if analyzing a goal.



The image shows a worksheet titled "Goal Setting with C.R.O.S.S. ROADS™". It includes fields for Name, Date, and checkboxes for "Check one" (Achieve Your Goal) and "Check all that apply" (I'm Ready). The form is divided into five numbered sections: 1) C - Choose - My goal is; 2) B - Reality - What is happening right now?; 3) D - Options - What I can try to reach my goal; 4) S - Select one or more: I want to try: A, B, C (underline or circle); 5) Start over - I will check and revise my plan. It also includes a section for "The teacher/other person can help by" and "My parent/other person can help by".

- C.R.O.S.S.ROADS Simplified Decision-making Process Worksheet**
  - **Use** if selecting a goal and a review of the consequences of the goal is desired.
  - Includes the **IF..., THEN...** Especially valuable in problem-solving and conflict resolution such as setting behavior goals

A worksheet titled 'C.R.O.S.S.ROADS Simplified Decision-making Process'. It includes sections for 'Name', 'Date', and 'Goal Setting'. The main part of the form is a table with columns for 'Options' and 'Results'. Below the table, there are sections for 'SELECT Options', 'START OVER', and 'My Accountability Partner'.

- C.R.O.S.S.ROADS Decision-making Worksheet**
  - **May be used** for any type of decision-making;
  - Includes the **IF..., THEN...** Especially valuable in problem-solving and conflict resolution such as setting behavior goals

A worksheet titled 'C.R.O.S.S.ROADS Decision-making Worksheet'. It includes sections for 'Name', 'Date', and 'Goal Setting'. The main part of the form is a table with columns for 'Options' and 'Results'. Below the table, there are sections for 'SELECT Options', 'START OVER', and 'My Accountability Partner'.

- Choice Planning Worksheet**
  - **Uses** a very elementary version of the C.R.O.S.S.ROADS process; space allows for pictures to be drawn.

A worksheet titled 'My Choice Plan'. It includes sections for 'Name', 'Date', and 'Goal Setting'. The main part of the form is a table with columns for 'Options' and 'Results'. Below the table, there are sections for 'SELECT Options', 'START OVER', and 'My Accountability Partner'.

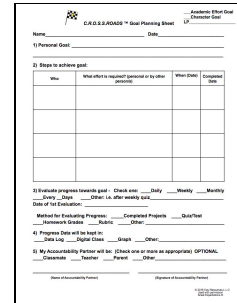
**“Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.”**

**- Tom Landry**

“Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan.”  
-Tom Landry

## Forms for Developing a Plan for Achieving a Goal

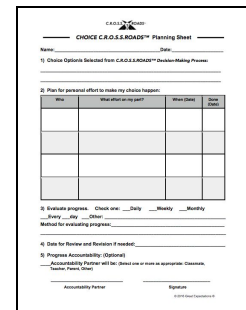
- **Goal Setting Planning Sheet** - This document is specifically for detailed planning for goal setting.



The form is titled "GOALS & ROADS™ Goal Planning Sheet". It includes a name field, a "Personal Goal" section, and a table for tracking progress. The table has columns for "Who", "What (What is required? dependent on by other person?)", "When Done", and "Completed Date". Below the table are sections for "Evaluate progress towards goal", "Method for Evaluating Progress", "Progress Date will be kept as", and "My Accountability Partner will be".

- **Choice C.R.O.S.S.ROADS Planning Worksheet**

- **U**se this document for detailed planning on the personal effort necessary to carry out any choice.



The form is titled "CHOICE C.R.O.S.S.ROADS™ Planning Sheet". It includes a name field, a "Choice Option Selected from C.R.O.S.S.ROADS™ Decision-Making Process" section, and a table for tracking progress. The table has columns for "Who", "What (What are you part of?)", "When Done", and "Done". Below the table are sections for "Evaluate progress", "Method for evaluating progress", "Date for Review and Re-evaluation if needed", and "My Accountability Partner will be".

**“Setting goals is the first step in turning the invisible into the visible.”**

“Setting goals is the first step in turning the invisible into the visible.”  
--Tony Robbins

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## Forms for Evaluating Progress Towards Achieving a Goal

- **Student Goal Progress Sheet 1** - This sheet has 3 goal progress sheets to a page that may be cut apart for use with multiple students.

Student Goal Evaluation

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Goal: \_\_\_\_\_

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress    Slight Progress    Moderate Progress    Almost There    Goal Achieved

Progress Comments: \_\_\_\_\_

Revision Needed: \_\_\_\_\_

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- **Student Goal Progress sheet 2** - This sheet may be used by an individual student to make 3 progress evaluations for a single goal.

Student Goal Evaluation

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Goal: \_\_\_\_\_

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress    Slight Progress    Moderate Progress    Almost There    Goal Achieved

Progress Comments: \_\_\_\_\_

Change Needed: \_\_\_\_\_

\_\_\_\_\_  
 Evaluation #2 Date: \_\_\_\_\_

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress    Slight Progress    Moderate Progress    Almost There    Goal Achieved

Progress Comments: \_\_\_\_\_

Change Needed: \_\_\_\_\_

\_\_\_\_\_  
 Evaluation #3 Date: \_\_\_\_\_

Rate progress towards my goal: (Make a mark on the line showing your goal progress.)

No Progress    Slight Progress    Moderate Progress    Almost There    Goal Achieved

Progress Comments: \_\_\_\_\_

Change Needed: \_\_\_\_\_

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- **Goal Progress Worksheet** - This sheet allows for a more detailed evaluation of goal progress giving opportunities/options and benefits/obstacles.

Goal Progress Analysis

My Goal: \_\_\_\_\_

Write specifically what is happening now towards achieving your goal under Opportunity and the Benefits and Obstacles for each where appropriate.

Opportunity/Options	Benefits/Obstacles

Has the goal been accomplished? Yes No In Progress

Explain why or why not? \_\_\_\_\_

Does the goal need to be revised? Yes No

If yes, revise with Goal Planning Worksheet.

If a new goal is needed, begin the process with the C.R.O.S.S.ROADS Goal Setting Worksheet.

Accountability Partner Signature \_\_\_\_\_ Date \_\_\_\_\_

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## Forms for Tracking Goal Progress

- [Goal Progress Log](#) - This document is for students to keep track of individual goal progress

Name _____			
Goal Progress Log			
Date	Goal <small>(include one of reasons such as points, grade)</small>	Progress Check <small>Color Accountability Partner</small>	Accountability Partner <small>Printed</small>

Accountability Partner: \_\_\_\_\_

